



CLASSIC

# Women's Care Kit [Classic]

10 STEPS

## About Project Helping

Kynd Kits are a program of Project Helping, a mental wellness nonprofit. Our mission is to make it ridiculously easy to volunteer because doing good is good for your mental wellness!

[Learn More at ProjectHelping.org](https://ProjectHelping.org)

### When You Build a Kynd Kit - The Cycle of Impact



## **Tips for Building Your Kit**

### **Helpful Tip for Building Your Kynd Kit**

- Avoid politics and religion entirely.
- Use appropriate humor.
- Can't think of what to write, draw a picture!
- Use words of affirmation!
- Place a piece of paper in any canvas bag before drawing on the outside. This way, the marker will not bleed through the other side of the bag.
- Please keep your designs gender-neutral, inclusive, and age-appropriate.

### **Spanish Translation Options**



| English                                                                                | Spanish                                                                                              |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| Be proud of yourself                                                                   | Siéntete orgulloso/a de ti mismo/a                                                                   |
| Thinking of you                                                                        | Pensando en ti                                                                                       |
| Sending love                                                                           | Mandándote amor                                                                                      |
| You got this!                                                                          | ¡Tú puedes!                                                                                          |
| You are stronger than you seem, braver than you believe, and smarter than you think.   | Eres más fuerte de lo que pareces, más valiente de lo que crees y más inteligente de lo que piensas. |
| This time will pass and good things are coming your way.                               | Deberías sentirte orgulloso/a.                                                                       |
| Keep moving forward and fighting for that future!                                      | El próximo capítulo de tu vida será mucho mejor.                                                     |
| Thinking of you during this time and sending warm, supportive thoughts your way.       | Estaré pensando en ti durante este tiempo y te mando pensamientos cálidos y de apoyo.                |
| Start where you are.<br>Use what you have.<br>Do what you can.                         | Empieza donde estás ahora.<br>Usa lo que ya tienes.<br>Haz lo que puedas hacer.                      |
| I know this won't be easy, but I also know you've got what it takes to get through it. | Sé que no va a ser fácil, pero también sé que tienes lo necesario para poder pasar esto.             |

STEP 3 OF 10

## Women's Care [Classic]

### Before You Build

#### About the Recipient

Around 186,388 people who identify as women, transgender, and nonbinary in the United States are experiencing homelessness on a given night, according to the most recent national point-in-time estimate.

The most basic needs can make a world of difference to those experiencing homelessness. By making a women's hygiene bag, you can impact someone with a meaningful, thoughtful action.

---

STEP 4 OF 10

## Decorate the Bag

Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

*Please note: we are currently transitioning from plastic ziplock bags to kraft bags. Some kits may still include the plastic bag for you to decorate while we complete this transition.*



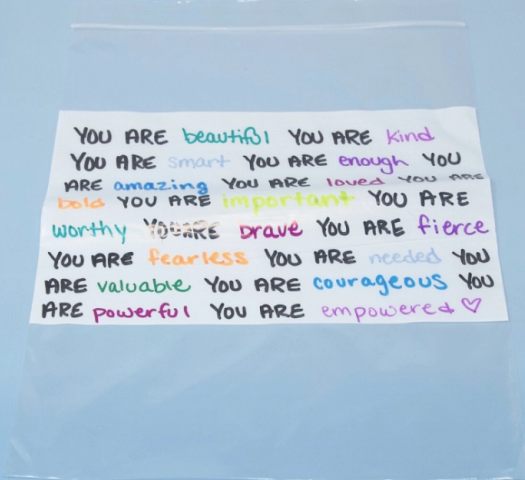
## After



## Before



## After



YOU ARE beautiful YOU ARE kind  
YOU ARE smart YOU ARE enough YOU  
ARE amazing YOU ARE loved YOU ARE  
bold YOU ARE important YOU ARE  
worthy YOU ARE brave YOU ARE fierce  
YOU ARE fearless YOU ARE needed YOU  
ARE valuable YOU ARE courageous YOU  
ARE powerful YOU ARE empowered ♡

---

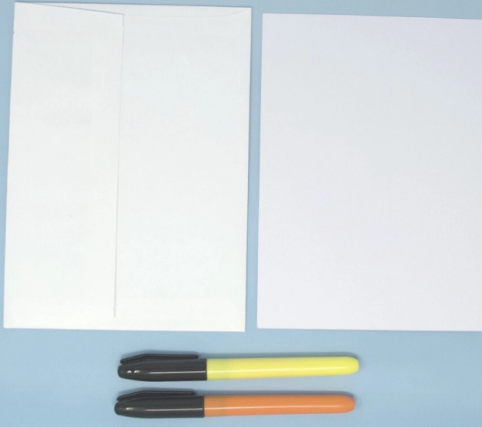
STEP 5 OF 10

## Write a Note to the Recipient and Decorate the Envelope

Write a card and decorate the envelope using the enclosed materials. Express your encouragement and include a hopeful message.

Please ensure your message is **age-appropriate** and **avoids references to religion or politics**.

## Before



## After



## Uplifting Self-Image

Decorate the comb or hairbrush with an uplifting message that the recipient will see each time they use it.



**After**



---

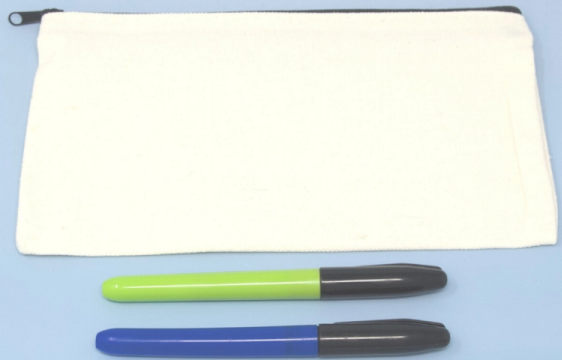
STEP 7 OF 10

## Decorate the Canvas Bag

Use the permanent markers to decorate the canvas bag.

**Tip:** Place a piece of paper in the bag before decorating to prevent the markers from bleeding through.

**Before**



**After**



## Pack the Women's Care Kit

Pack all **feminine hygiene products** into the decorated cosmetic bag. Then, pack all the materials into the plastic bag.

- Please only include items that are UNOPENED and UNUSED
- Add any optional items you would like.

### Optional Items to Add:

- Self-care items
- Toiletries
- Socks
- High protein snack items
- Feminine hygiene items

### Items not to include:

- Perishable items
- Sharp objects
- Nut food products

- Religious or political item

---

STEP 9 OF 10

## Register My Kit (Optional)

### Register your kit

To register and track your kits, you must visit the online instructions.

*Registering your kit is optional.*

---

STEP 10 OF 10

## Thank You!

When you build a Kynd Kit, you create layers of impact for yourself and the community. We appreciate your time and your support of our mission.

Cheers,

The Project Helping team